

Navigate To These **FREE**
Safe & Healthy Child Care
In-Services



Discover Buried Treasure with Health & Safety Policies

Join us for Popcorn, Pop and Policies!

Monday, September 27, 2004 ~~~~~ 6:30 - 8:30 p.m.

Explore the world of child care health and safety policies.

We will discover...

- ~~~~~ the components of a successful policy.
- ~~~~~ how to implement a policy.
- ~~~~~ why implementing policies improves the health of children, staff and the quality of child care

Treasures awarded during in-service!

Stress-Free Luau: Handling Stress On and Off the Job

Monday, October 25, 2004 ~~~~~ 6:30 - 8:30 p.m.

STRESS RELIEF...is just an in-service away - 101 ways to get calm.

We will explore...

- ~~~~~ signs of stress.
- ~~~~~ causes of stress.
- ~~~~~ coping and stress prevention strategies.

Stress toys will be awarded and used!

Make Germs Walk the Plank: Illness Prevention

Monday, November 22, 2004 ~~~~~ 6:30 - 8:30 p.m.

Sick children in your care? We will journey through...

- ~~~~~ how to use daily health checks.
- ~~~~~ symptoms and guidelines for illness exclusion.
- ~~~~~ solutions for working with uncooperative parents.

Illness prevention incentives awarded!

All in-services will be held at:
3119 "O" Street, Suite F
North of the Lincoln/Lancaster County
Health Department's Main Building
Lincoln, Nebraska

**Call by the
Friday before the In-service to register!**
441-4602



Free Treasures At Every Training!